

Using infant massage as an enabling occupation to introduce CBR to a community in Egypt

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Introduction

JICA (Japan International Cooperation Agency) has been implementing a CBR project in Egypt since November 2006 to 08 as part of a larger plan to facilitate community health development

Cerebral Palsy and Erbs Palsy are commonly found throughout Egypt. At the community level, mothers of those children with special needs seek effective and appropriate home exercise and stimulation. Many of these mothers are isolated in the home or local village without resources or knowledge. Where rehabilitation treatments are available and affordable they often involve pain and discomfort for the child and result in maternal stress and serve to further isolate the mother and child. There is no availability of OT services in communities in Egypt

Objective

Infant massage is for all children regardless of ability status. It was decided to use infant massage as a way of enabling mothers to provide enjoyable and non-painful exercise and stimulation for their children at home.

Result & Discussion

Infant massage is a meaning full occupation that is a safe and effective means of bringing mother and child together. It is easy to learn through demonstration and practice. Because it is applicable for all children, infant massage can also be used as a vehicle to bring together mothers of both special needs and mainstream children.

Conclusion

A series of workshops was run at a community health center in Safour village to bring mothers together with their children to engage in group learning, peer support and to begin the empowering processes of confidence building, skill acquisition, and of working with each other, health center coordinators and international CBR experts

This presentation shows the process that occurred

Contribution to the practice

This occupation is one of effective tool for enhancing social participation of disabled children and mothers in their community. This presentation provides practical idea for OT who is willing to work community based inclusive programme.